

# TOWNSHIP OF MONROE

## Recreation Department

(732) 723-5000 • [www.monroerec.com](http://www.monroerec.com)



*Mayor Gerald W. Tamburro*

Superintendent of Recreation - Mary Lange  
Recreation Advisory Board Chairman - Joe Isola

**DECEMBER 2017 NEWSLETTER**

## Adult Fitness Schedule

### A.M. Classes

Core Conditioning	Saturdays, 8:30-9:30
Cardio and Tone	Saturdays, 9:30-10:30
Seize the Day	Mondays and Thursdays 9:30-10:30
Yoga	Sundays, 10:00-11:00 or Tuesdays, 9:30-10:30
Zumba Toning	Fridays, 9:30-10:30

### P.M. Classes

Fitness 50/50	Wednesdays, 7:00-8:00
Low Impact Aerobics	Mondays and/or Thursdays, 7:00-8:00
Kickbox and Tone	Tuesdays, 7:15-8:15
Ultimate Fitness	Mondays and/or Thursdays, 6:30-7:30

Must register in advance for 8 week sessions. Dates for these sessions can be found on [www.monroerec.com](http://www.monroerec.com) or at [register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship)

## ANNUAL HOLIDAY HOUSE DECORATING CONTEST

Competition is open to Monroe Residents who decorate their homes for the holidays with a festive spirit.

Judging will take place 12/17/17 - 1/2/18

Awards will be presented at the Recreation Advisory Board Meeting on 1/8/18.

Call the Recreation Department to enter into the competition at (732) 723-5000

## YOUTH PROGRAMS

Apprentice Engineering	Ages 8-12
Bricks 4 Kidz	Grades K-3 or 3-5
Childrens Theater	Ages 8-14
Hip-Hop Gymnastics	Ages 5-16
Junior Engineering	Ages 5-7
Martial Arts Karate	Age 6—17
Mini Ninjas	Ages 3-5
Twirling	Ages 5+

Must register in advance for 6-8 week sessions. Dates for these sessions can be found on [www.monroerec.com](http://www.monroerec.com) or at [register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship)



### OPEN GYM TIMES

Men's Basketball, Sundays 8am-10am.

Adult Volleyball, Monday Nights 7pm-9pm

Pickleball, Monday—Friday, 8am-1pm - September-June

Table Tennis, Monday—Friday, 8am-1pm - September-June

Badminton, Mondays 6pm-9pm and Sundays 4pm-7pm

Other open gym times are available throughout the week.

Monday-Friday after school open gym runs 2pm-5pm. Call for additional availability during the week and on weekends at (732) 723-5000. Hoops Basketball season will limit these hours.



# DAY AT THE BOARDWALK

# GRANDPARENTS DAY OUT

**WEDNESDAY, DECEMBER 27TH • 10:30AM - 4:30PM**  
**AT THE MONROE TOWNSHIP COMMUNITY CENTER**  
**REGISTRATION OPENS NOVEMBER 1ST • LIMITED SPACE**  
**CO-SPONSORED BY : MONROE TWP. AND THE GARDENS AT MONROE**

For more information about our programs call 732-723-5000 or go to [www.monroerec.com](http://www.monroerec.com)  
For membership and program registration, go to [register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship)